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swiss anti-aging science

# Nescens better-aging programs

Maintaining youthfulness: a science, a way of life

Would you like to lose weight, manage your stress levels and gain renewed vitality?

Nescens better-aging programs help you correct these imbalances and adopt a truly better-aging lifestyle.

#### **Preserving youthfulness: both science and art**

Recent progress made in understanding the biological mechanics of aging makes it possible to fully appreciate the impact of lifestyle on the process and also to determine the ability of every individual to live well for as long as possible.

Drawing on this knowledge, the Nescens better-aging programs were developed to better help you:

- Identify and correct the imbalances that accelerate aging: overweight, stress, fatigue...
- Develop a better understanding of your individual risk factors
- Implement a suitable health prevention plan.

Science is key, but aging gracefully is also an art, a way of life. It is this philosophy that motivates the Spa Nescens' employees. Our staff will be at

your side in order to obtain sustainable results, while never losing sight of the importance of pleasure and good living.

#### **A unique medical approach**

Nescens better-aging programs draw on the scientific and medical expertise of the Nescens brand and the Center for the Prevention of Aging at the Clinique de Genolier (Switzerland). They offer an opportunity to benefit from the latest scientific progress in the fields of anti-aging prevention and medicine, biological and genetic testing as well as nutrition.

As a result, every program begins with an in-depth diagnostic phase. This assessment is conducted by the spa's multi-disciplinary team with a range of complementary experience (preventive medicine, osteopathy, nutrition) to enable a holistic better-aging overview.

#### **A personalized program in line with your needs and wishes**

When programs are developed, the emphasis is placed on understanding the personal objectives and needs of the individual undertaking the treatment. The different elements of the program (nutrition, physical activity, treatments) are customized by the medical team that oversees all the experts (coaches, therapists,...).

#### **Delicious, healthy cuisine**

Working with the medical team, our chef offers you tasty, refined meals. Achieving the ideal equilibrium between enjoyment and dietary needs, this better-aging nutrition facilitates sustainable, frustration-free weight loss, or simply provides opportunity to adopt a more balanced diet.

#### **A refined universe conducive to well-being and serenity**

Treatments are given in an elegant, refined environment equipped with the most recent technology: a place designed to achieve absolute relaxation away from the hustle and bustle of daily life.





## 7-day better-aging Nescens program

### 7 days of individualized coaching designed to learn how to better preserve “youthfulness”

Nescens better-aging programs begin with an exclusive diagnostic phase serving to identify the Anti-aging bio-individuality™ of each individual.

This global check-up encompasses a biological assessment, a physiological and osteopathic-articular assessment, along with a nutritional assessment – all of which are interpreted by the medical team – as well as an anti-aging consultation conducted by a specialist physician.

This stage makes it possible to personalize the program in order to effectively adjust imbalances that are contributing factors to premature aging as well as making recommendations for implementing an effective preventive anti-aging treatment.

### Nescens Anti-Aging bio-individuality™ check-up

- Session with the doctor responsible for the program and the health and diet lifestyle assessment
- Interpretation of the results of the biological check-up and specific indicators (slimming, stress, joints)
- Session with the osteopath, physical and joint-health evaluation
- Meeting with the dietician, dietary assessment
- Anti-aging medicine consultation and interpretation of the different biological indicators including the oxidative test results
- Preparation of a complete report comprising a results summary of the various check-ups and consultations, along with a prevention plan including nutritional advice and a fitness program

### Physical activity and personalized care program

(Minimum 5 hours / day)

Physical activity

- 1 daily personal training session from the second day
- Access to all spa facilities (pool, fitness, sauna, hammam...)
- Access to group classes

Spa treatments

- 1 daily balneotherapy treatment
- 1 daily 1h better-aging Signature body massage
- 1 treatment daily decided upon by the medical team from the following treatments: wrap, 3-in-1 remodeling treatment, destress massage, rubbing, exfoliation...

Better-aging dietary program

- 3 personalized healthy meals daily

## Nescens better-aging intensive program

An extension of the 7-day better-aging Nescens Program, the Intensive better-aging Nescens Program is ideally suited to people in search of a longer treatment in order to achieve their objectives, especially in terms of weight loss. The treatment, activity and diet program is personalized and reviewed regularly throughout your stay by the medical team in order to ensure the best results.

## Nescens better-aging 4-day break

**4 days to take a break, to recharge your batteries, to get back to a healthy weight, as well as to develop a better understanding of how to optimize your future quality of life**

Nescens better-aging check-up

- Session with the doctor responsible for the program, health and diet check-up, interpretation of biological assessment results
- Session with the osteopath, physical and joint-health evaluation
- Session with the dietician, dietary assessment

Intensive, personalized program of physical activities and treatments

Physical activities

- 1 daily personal training session from the second day
- Access to all spa facilities (swimming pool, fitness, sauna, hammam...)
- Access to group classes

Spa treatments

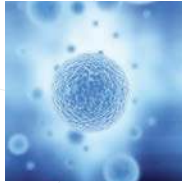
- 2 exclusive better-aging massages - 1h30
- 2 exclusive better-aging massages - 2h
- 1 complete 3-in-1 remodeling treatment - 1h30
- 2 body wraps
- 1 body scrub
- 4 balneotherapy treatments

Better-aging dietary program

- 3 personalized healthy meals daily



Medical  
Check-ups



Stem  
cells



Better-aging  
Programs



Aesthetic Surgery  
and Medicine



Anti-aging  
Cosmeceuticals

# Adding life to life

## A complete offer to ensure a long and healthy life

Every human being wants to enjoy life at its best for as long as possible. To achieve this, appearance, fitness and health all have to be preserved.

A long life is everyman's dream, on the condition that it can be lead as we would want it.

Nescens was created to accompany those of us who are interested in preserving our youthfulness.

Nescens stems from the medical and scientific expertise of the Centre for the Prevention of Aging at the Genolier Clinic in Switzerland. The centre was created over 15 years ago by Professor Jacques Proust, a pioneer in the development of aging biology and anti-aging medicine.

Spa Nescens

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VICTORIA-JUNGFRAU Grand Hotel and Spa - Höheweg 41 - CH-3800 Interlaken